

**The Organism of Man.**  
The human body is made up of 200 bones. The muscles are 500 in number. The length of the alimentary canal is about 32 feet. The amount of blood in an adult averages 50 pounds, or fully one-fifth of the entire weight. The heart is 6 inches in length and 4 inches in diameter, and beats 70 times per minute, 4,200 times per hour, 100,800 per day, 36,792,000 times per year, or 555,440,000 in three years and ten, and the amount of blood are thrown out of the heart per minute, 655 pounds per hour, 74 tons per day. All the blood in the body passes through the heart in three minutes. This little organ, by its ceaseless industry, pumps each day what is equal to lifting 132 tons one foot high, or one ton 132 feet high. The lungs will contain about one gallon of air at their usual degree of inflation. We breathe on an average 1800 times per hour, inhale 600 gallons of air, or 24,000 per day. The aggregate surface of the air cells of the lungs exceeds 20,000 square inches, an area nearly equal to the floor of a room twelve feet square. The average weight of the brain of an adult male is 3 pounds and 8 ounces, of a female 2 pounds and 4 ounces. The nerves are all connected with it, directly or by the spinal marrow. These nerves, together with their branches and minute ramifications, probably exceed 10,000,000 in number, forming a "body guard" encumbering by far the greatest army ever marshaled. The skin is composed of three layers, and varies from one-fourth to one-eighth of an inch in thickness. The atmospheric pressure being about 14 pounds to the square inch, a person of medium size is subjected to a pressure of 47,000 pounds. Each square inch of skin contains 3500 sweating tubes, or perspiration pores, each of which may be likened to a little drain pipe one-fourth of an inch long, making an aggregate length of the entire surface of the body of 201,166 feet, or a tile ditch for draining the body almost 40 miles long. Man is marvelously made. Who is eager to investigate the curious and wonderful works of Omnipotent Wisdom, let him not wander the wide world around to seek them, but examine himself.—Popular Science News.

#### Grew Six Inches in a Week.

Bertie Pearson, the ten-year-old daughter of John Pearson and wife, of Smartville, was taken ill recently and suffered considerable pain. She was confined to her bed for some days, and during that time she grew about six inches. The girl had been quite large for her age, being quite stout and healthy. When taken sick she was about five feet in height, and when able to leave her bed she measured five feet six inches and weighed 122 pounds. Her sudden growth has caused much comment.—Maysville (Cal.) Appeal.

#### All Go One Way.

In Rio Janeiro, Brazil, there is a novel system of avoiding the blockading of streets. On the busiest thoroughfares all the trucks and vehicles are headed in one direction. In this way the stream of traffic is kept constantly moving. If the current is bound east and a man doing business on the street desires to drive west, he takes the first cross street east and goes to a less crowded way before turning westward.—Detroit Free Press.

#### Sufferers from Dyspepsia Here's Something for You to Read

Distress in the Stomach CURED by HOOD'S



Miss Jennie Cunningham, South Newcastle, Me.

"When I began taking Hood's Sarsaparilla, I could eat nothing but very light food, without having terrible distress in my stomach. I had tried other medicines, which did me no good. Before I had taken a bottle of Hood's I saw that it was doing me good. I continued to grow better while taking 5 bottles, and now I can eat anything. I have had no distress for months, and I think there is no medicine for dyspepsia like Hood's Sarsaparilla. My appetite is excellent, and my health is very much better than for years." MISS JENNIE CUNNINGHAM, South Newcastle, Me.

HOOD'S PILLS cure Constipation by restoring the peristaltic action of the alimentary canal.

## "August Flower"

I have been troubled with dyspepsia, but after a fair trial of August Flower, am freed from the vexatious trouble.—J. B. Young, Daughters College, Harrodsburg, Ky. I had headache one year steady. One bottle of August Flower cured me. It was positively worth one hundred dollars to me.—J. W. Smith, P.M. and Gen. Merchant, Townsend, Ont. I have used it myself for constipation and dyspepsia and it cured me. It is the best seller I ever had.—C. Rugh, Druggist, Mechanicsburg, Pa.

**OPIUM** Morphine Habit Cured in 10 Days. Patient Dr. J. B. Stephens, Lebanon, Ohio.

**MUST HAVE** Agents AT ONCE. Sample free. Send for it. Unfilled. Only one per agent. Write quick. BROADMAN, Phila., Pa.

**PIRO'S REMEDY** for Catarrh is the Best. Patient Dr. J. B. Stephens, Lebanon, Ohio.

**CATARRH** Sold by druggists or sent by mail, for \$2.50. Dr. J. B. Stephens, Lebanon, Ohio.

## AN ALMOST EXTINGUISHED

THE REMNANT OF THE ALABAMA INDIANS IN TEXAS.

Always the Staunch Friends of the Whites—Their Wild, Irregular Code of Dealing.

**F**EW persons in Texas, and probably nobody outside of the State, are aware of the fact that there still exists within its limits the remnants of a once powerful tribe of Indians, even in the darkest days of the infant Republic the staunch friends of the white race. While the Comanches, Kiowas, Lipans and other wild tribes, who in years past left a trail of blood on the unprotected frontiers, have long since been gathered on Government reservations and compelled to pretermitt their depredations, the remnant of Alabama and Coushatta tribes, numbering now about 250 souls, still pursue a peaceful existence on the banks of the Trinity River in Polk, San Jacinto and Liberty Counties.

These Indians are a branch of the Creek Nation who early in the present century withdrew from the contest with the white race as hopeless, and sought a home on the Trinity River, in Texas, then under Spanish rule. When immigration again brought Americans around them they persisted in their peaceful policy, receiving their former foes with kindness and hospitality, sharing provisions with them, and doing all in their power to alleviate the sufferings of settlers in a new country. In the war with Mexico they adhered to the cause of Texas, remaining quietly in their villages, ready to take up arms with the rest of the population in case the Mexican Army should succeed in reaching the Trinity.

Several years ago the State bought a tract of land for the Alabamians and settled them upon it. They have made clearings in the forests, and constructed comfortable log cabins, having good stocks of horses, hogs and cattle, and raising sufficient crops for their support. The crops are cultivated rather for their own use than for sale. Indian corn is the principal one, though many of them plant sweet potatoes, and all of them vegetables, and they usually fill their villages with fruit trees. During the season of cultivation they remain closely at home, working industriously and hunting only at such leisure times as their crops allow them. The interval between the working and the gathering of the crops is usually spent in rest and social intercourse and occasional hunting parties.

But when everything is gathered and housed, even in the best of years, the Alabamians are closed to exclude light and air, as a guard against the depredations of that South-Texas corn pest known as the weevil, then comes the return to Indian life and Indian employment. They break up into hunting parties, after the Arab fashion, taking with them their wives and children, their horses and tents and household utensils. They seek the forests which settlements have not yet reached, and work their way to the dense cane brakes on the rivers which the white man has not yet penetrated. They soon fill their camps with game, and alone with themselves and nature, and safe from the intrusion of a superior and conquering race, enjoy the realization of Indian life as it was before the white man discovered their country.

Devoted to the wild and exciting sports of the chase, and reveling in absolute freedom from their ruling passion, they find in these hunting excursions their times of greatest enjoyment. When weary of the chase or satisfied with its result, they return to their villages, their horses loosed with dried meat and deer skins, to be dressed for market, and bears' oil and hides for their own use and for sale.

Like all other Indians, they have that fatal passion for drink which seems destined to result in their extermination. But it is generally kept within reasonable bounds, and they do not drink habitually. A constitutional depression of spirits to which they are peculiarly subject, or an overflow of social feeling on the reunion of friends returning from their hunting expeditions, usually leads to a beginning. One after another is drawn in, and the revel sometimes extends over three days and nights. It is over they carefully efface all traces of debauchery, dress themselves handsomely, return to their usual occupations, and for a long time drink nothing intoxicating. They listen with patience and good humor to remonstrances on the subject, and a friend can often dissuade them from drinking, or induce them to close a revel sooner than they otherwise would have done.

They are fond of dress and show considerable taste in the selection and adaptation of the colors which best become them. They are fond of ornaments, especially those made of pure silver, but will not wear jewelry of the baser metals. They have a wild, irregular code of dueling of their own, and are always ready to throw life away on a point of honor. They do it with a coolness and indifference which would excite the envy of a white follower of the code. In fact they do not seem to feel that instinctive dread of death which characterizes the white man. They speak of it with as much indifference as any other future event, and meet it apparently without fear or reluctance.

The Indians all speak English, and in addition converse in three different languages, all evidently dialects of the Creek, and most of them understand the servile Choctaw, which was once the general language among the different tribes and their usual means of communication with the whites. They are fond of festivals, ball, dances and social assemblages of every kind, all of which are conducted with the best of good feeling and seem to be sources of unalloyed enjoyment.

When their own crops are worked to a point of safety they are always willing to help their white neighbors. At plantations where they are well treated, and where they find it agreeable to stay, they work for low wages. During the cotton-picking season they really render important aid. Their small hands and slender fingers are well adapted for it, and their little and agile feet glide through the cotton without heaving or otherwise injuring it. As they pick by weight, and are allowed their own time of work, they prize the freedom of action they leave so highly. They pick very neatly and carefully, attend strictly to the instructions of their employers, and in this, as in all their relations with the whites who treat them kindly, they are uniformly desirous to please.

Many of them have professed Christianity, and religious services are held among them by the Rev. Thomas Ward White, a minister of the Baptist Church, who has taken great interest in them. It is, however, only a question of a few years when this last remnant of the once-powerful Alabamians, who gave the name to a State, will have disappeared from the earth. Each year their number is becoming smaller, and the time is not distant when they will be extinct.—New York Times.

#### HOUSEHOLD AFFAIRS.

##### HOW TO KNOW GOOD FLOUR.

In buying flour there are certain tests of quality. If it is white, with a slightly yellowish or straw-colored tint, it is good. If it is blue-white or has black specks, it is bad. If a little lump thrown against a dry perpendicular surface adheres, it is good. If it falls in powder, it is bad. If a portion squeezed in the hand retains the shape given by the pressure, it is good.—St. Louis Republic.

#### STOCKINGS AND FASHION.

Stockings are fastidious. Paris reports gowns of paper. Lace frills for the neck are quite in vogue.

Queen Victoria, during her youth, was fond of lace.

Stylish gloves are the embodiment on the backs to match suits.

A good sewing machine is supposed to do the work of twelve women.

The study of astronomy is the newest fad adopted by English women.

Among the choicest fabrics are the fine-rippled, light weight velours.

Mrs. Henry M. Stanley, although an artist, has absolutely no taste in dress.

Women not only buy comfortable boots for their children, but wear them themselves.

Queen Anne detested the smell of roses, and became sick when they were in the room.

A laundry in England, owned by women and employing only females, earned \$25,000 last year.

Mrs. Reginald de Koven, wife of the musical composer, is her husband's chief adviser and critic.

Mrs. Amelia Barr is said to make from \$10,000 to \$15,000 a year from her literary work.

Mary, Queen of Scots, had a lap dog that followed her to the scaffold and soon after died of grief.

Italian women and Oriental women bring with them to this country the arts of knitting and embroidery.

Miss Wannaker is heiress to at least \$2,000,000. She is so pretty that she would be a catch if she hadn't a cent.

"Chopped Chat" is the name given to a series of evening talks to be given by a Philadelphia society lady during Lent.

At a recent luncheon the ices were served in china cups of rose-leaf design, each cup encircled with a wreath of roses.

Walter Besant's sister, Mabell, is an enthusiastic bicyclist and regards a "spin" of thirty or forty miles as a mere bagatelle.

There are believed to be a score of women in New York City whose collections of lace vary in value from \$2,000 to \$50,000.

George Eliot wrote for eight years with the same pen, and when she lost it bewailed her misfortune as almost too hard to bear.

Mrs. Frederick Vanderbilt gives so much in charity, that she has less money to spend on her own adornment than many of her relatives.

Hats have wide brims and low crowns, are bent and pinched into many shapes, and trimmed in front, at the side, or back, as is most becoming.

A New York dealer is making an effort to introduce them under the name of dress extenders. A hoop skirt by any other name would waste space.

The Daughters of the American Revolution are raising a fund to secure a life-size portrait of Mrs. Caroline Scott Harrison, late President of the society.

A new hair ornament is of filigree silver in the shape of a butterfly, with the delicate wings studded with pearls. The butterfly is so mounted that its wings flutter.

The Empress of Austria has made so much progress in the study of modern Greek that she is about to translate two of Shakespeare's plays into that language.

One of the oldest war pensioners of the United States is Mrs. Samuels, of Solvay, Oregon, who draws a pension from the war fund of 1812. She is over 100 years old.

Lady Haberton in her zeal for dress reform is organizing a league, every member of which will be pledged to wear skirts clearing the ground by at least five inches.

Ohio's capital rejoices in the possession of the only fourfold string quartet in the world played by women. Four first violins, four second violins, four violas and four cellos complete the ensemble.

M. Felix, the well-known Parisian man-milliner, has always condemned crinolines in any shape. He takes some credit to himself for having brought into vogue the infinitely more graceful style that has reigned of late.

Miss Eleanor Hewitt, daughter of New York's ex-Mayor, can play the piano, violin and banjo, drive a four-in-hand and tandem, ride a thoroughbred and row and sail a boat, and speaks French, German and Italian like a native.

Black stockings are, like black kid gloves, very expensive. Cheap goods are abominable, as the dye soils the under-vest and the shoe lining; a fast black stocking warranted is a luxury that the rich woman alone can afford.

The newest Paris gowns are being made with the new full skirt, and the silk under petticoat is quite separate from the outer skirt. This is a return to the style of three or four years ago, and is much less clumsy and more comfortable.

A fashionable wedding gift just now is a "loving cup" of silver or gold, beautifully engraved, and with its four handles in graceful attachment. On one side is the united monogram of the bride and groom.

A new deep crimson shade has appeared among handsome London-made house gowns. It is styled Virginia creeper, from frost-tinted leaves of that vine. It combines handsomely with black, charcoal color or with certain shades of green in velvet.

Lean women who desire to accumulate a plump covering on their bones are advised to avoid worry, to cultivate calmness, to sleep eight hours every day, to take moderate exercise, to eat fattening foods, such as soup, butter, cream, fat and juicy meats, olive oil and various condiments, and to take warm baths at night.

According to the President of the Kansas State Dairy Association it costs more to grow a pound of wheat than to make a pound of milk in that State, and the wheat sells for three-quarters of a cent a pound and the milk for a cent a pound.



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#### Acid Used to Wash Cheese Rinds.

In Cleveland, Ohio, a family has just been poisoned by cheese. The cheese was examined by a Food Inspector and was found to contain the poisonous alkaloid tyrotoxin that is often found in milk. The Inspector also discovered that the rind had been washed with a composition of sulphate of copper and arsenious acid. It was said, was done by manufacturers to prevent cheese mites from forming and to preserve the cheese from mice and rats, and for that reason the rind should never be eaten.

Several prominent commission merchants and cheese manufacturers in this city were seen yesterday, and were asked to what extent such composition was used to wash cheese in this State and vicinity.

Stephen Underhill said that he had never heard of any such preparation being used in this State to wash cheese. A member of the firm of John S. Martin & Company said that some kind of preparation was used in Chicago and other cities out west to wash cheese and give the rind a bright color, but he could not tell what the preparation was. In this State ammonia and hot water were sometimes used to wash cheese when the rind became mouldy, but he had never heard of any other wash used in New York. At the office of W. E. Smith it was also said that some kind of preparation was used to wash cheese in the west. Of late years, however, comparatively small quantities of cheese came from the west, as most of the cheese made there was also consumed there.

Deputy State Dairy Commissioner Van Valkenburgh had never heard of any such preparation to wash cheese as that said to have been used in Cleveland.—New York Times.

There are many stone bridges in China dating back from 1000 B. C.

The cost line of California is about 1100 miles from north to south and almost 200 miles from the ocean to the eastern line.

For impure or thin blood, Weakness, Malnutrition, Neuritis, Indigestion and Biliousness, take Brown's Iron Bitters—it gives strength, making old persons feel young—and young persons strong, pleasant to take.

A tax on street organ grinders is proposed by two London vestries.

An Idaho Golfer. Olie Larsen, a blacksmith in the East Glance mine, can compare strength with Goliah. He is six feet two inches in height, his chest measure is forty-two inches, waist forty-six, he turns the scales at 256 pounds and is forty years old. Anvils are toys for his strength. He handles with apparent ease and he is contemplating a journey on foot to the World's Fair, carrying as baggage a sample of ore from the mine in which he works weighing 3333 pounds. On arrival he proposes, if he succeeds in securing space for his special and exclusive use, to display his chunk of galena on his shoulders eight hours each day.—Wardner (Idaho) Barbarian.

The settlers on the Quilaya prairies, in Washington, are afforded fine sport in thousands of wild geese that come there in the fall and make the region their winter home.

For Dyspepsia, Indigestion and Stomach disorders, use Brown's Iron Bitters—the Best Tonic. It rebuilds the blood and strengthens the muscles. A splendid medicine for weak and debilitated persons.

There are some pictures in rabbit eating who never touch any part but the hind quarters. Others will eat the shoulders only.

For Coughs and Throat Troubles use Brown's BRONCHIAL TROCHES.—They stop an attack of my asthma cough very promptly.—C. Fitch, Minneapolis, Ohio.

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